
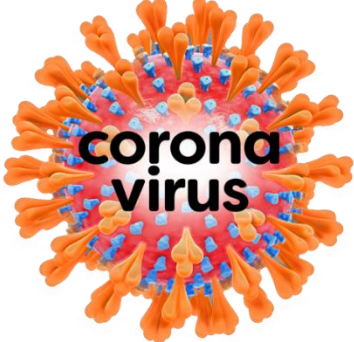

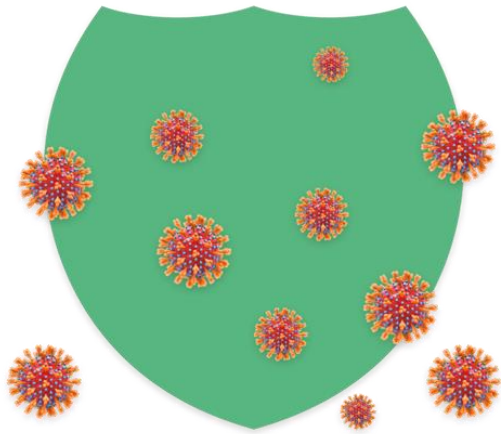


An easy read guide to finding out if you have coronavirus (COVID-19)

	<p>This is the 3rd of 3 simple guides.</p>
	<p>The 1st guide tells you what the signs are that you may have coronavirus or flu.</p>
	<p>This 2nd guide tells you what to do if you think you or someone you support shows these signs.</p>
	<p>This guide tells you how to look after yourself if you are supporting someone who shows these signs</p>



Things you can do to protect yourself and others



Wash your hands often with soap and water for at least 20 seconds.

It is important to wash:



- Before making or eating food



- Before touching your face



- After using the toilet



- After leaving a public place



- After blowing your nose, coughing, or sneezing



- After touching your mask



- After changing or helping to change someone's clothes



- After caring for someone who is sick



- After touching animals



If soap and water are not available use a hand sanitizer.



Cover all of your hands and rub them together until they feel dry.



Do not touch your eyes, nose and mouth with unwashed hands.



Inside the Home

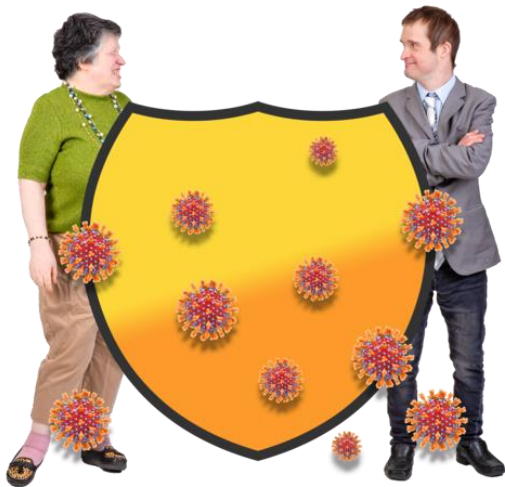


Do not go near people who are sick.

Keep at least 6 feet away from the person who is sick.



Remember that some people without any of the signs of Covid-19 may be able to spread the virus.



Keeping away from others is important for people who are at higher risk of getting very sick.



Wearing a Mask

Cover your mouth and nose with a mask when around others.



You could spread COVID-19 even if you do not feel sick.



The mask protects other people if you are infected.



Wear a mask in public and when around people who don't live with you.



If you are disabled there may be reasons why you are unable to wear a mask.



Do not put masks on children under 2 or anyone who has trouble breathing or is unable to take it off without help.



You still need to keep at least 6 feet away people if you wear a mask.



Coughs and Sneezes



Always cover your mouth and nose with a tissue when you cough or sneeze.



Throw used tissues in the bin.



Then wash your hands with soap and water or hand sanitizer for at least 20 seconds.



Clean and Disinfect

Every day clean and disinfect surfaces like tables, doorknobs, light switches, worktops, handles, desks, phones, keyboards, toilets, taps and sinks.



If surfaces are dirty then clean them.



Use detergent or soap and water and then a household disinfectant.

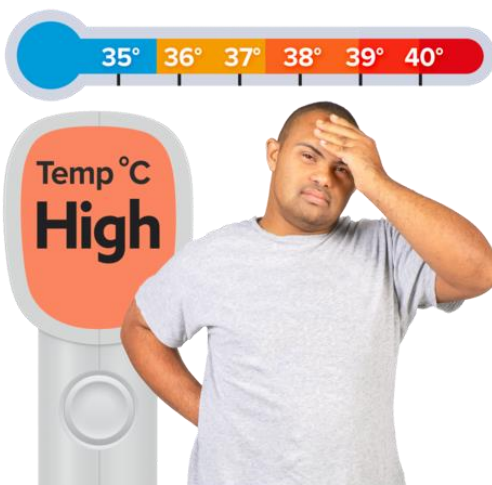


Check Your Health Every Day

Watch out for fever, cough, shortness of breath or other signs of COVID-19.



This is very important if you are supporting someone else.



Check your temperature if you think you are becoming ill.

Do not take your temperature if you have just been exercising or after taking medication that could lower your temperature.



It's likely that flu and COVID-19 will both spread this winter.



The NHS may not cope with treating both patients with flu and patients with COVID-19.



So getting a flu jab is more important than ever.



You can call NHS 111 who can help if you have an urgent medical problem.



You can also use the NHS website, your doctor or health centre.



For more information go to:

- <https://www.nhs.uk/conditions/coronavirus-covid-19>
- <https://www.gov.uk/coronavirus>